

## Jail Chemical Addiction Program



Dearborn County Court Services

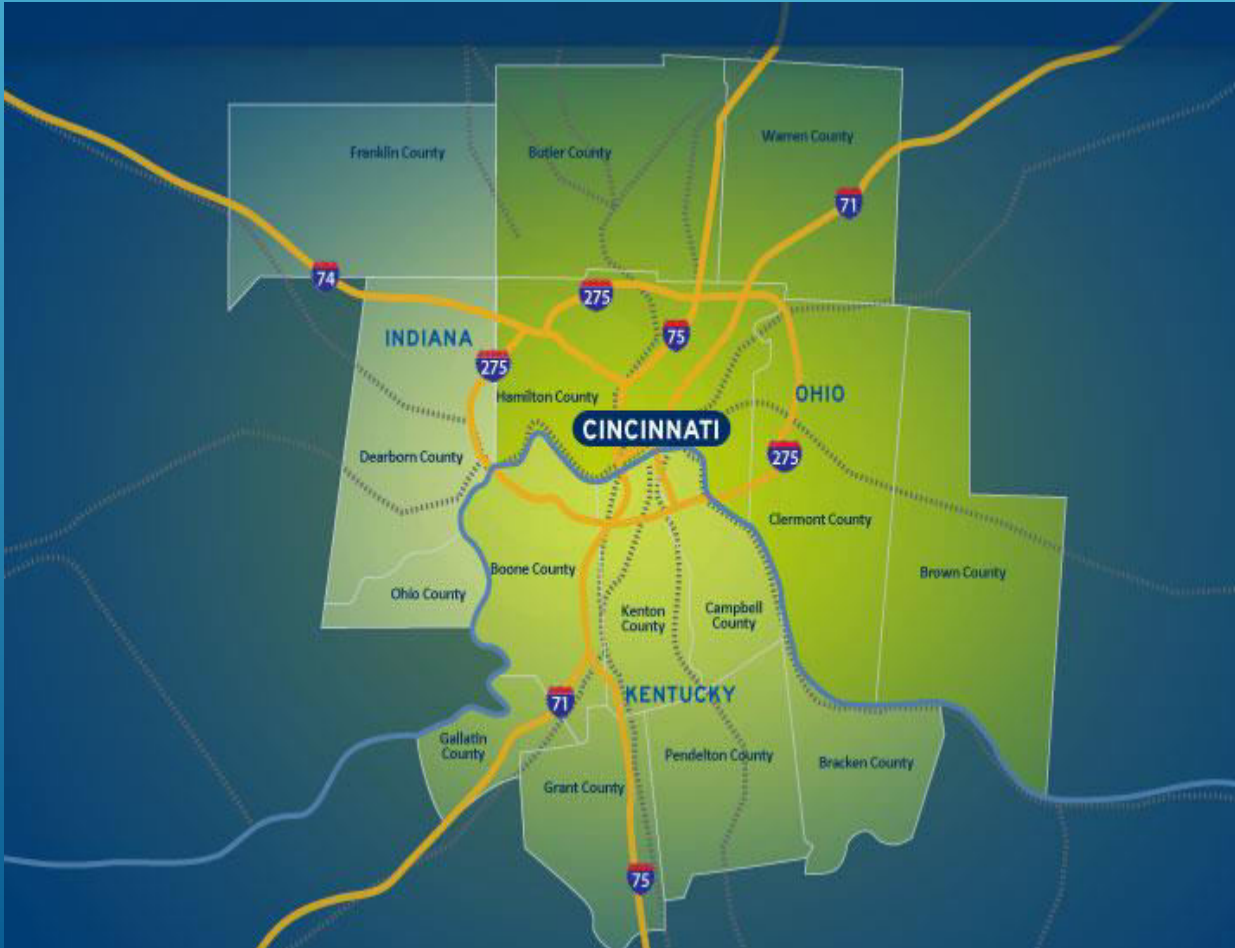
**Indiana University** through a collaborative research initiative published in 2015 found **JCAP** highly effective in addressing substance abuse and community safety.

# JCAP..... Path of Progress

**The Jail Chemical Addiction Program, like many of the participants, is a work in progress.**

- In 2007, Superior Court II and probation staff began exploring new ways to address the devastation of drug and alcohol abuse on the lives of individuals, children and families in our community.
- Through resources from the Indiana Judicial Center and a site visit to the Superior Court Jail Program in Boone County, Indiana.
- With support of the Sheriff, Jail Commander, County Council and the Prosecutor, the first Program Director was hired.
- JCAP is funded from grants and probation user fees with little to no use of county tax dollars.

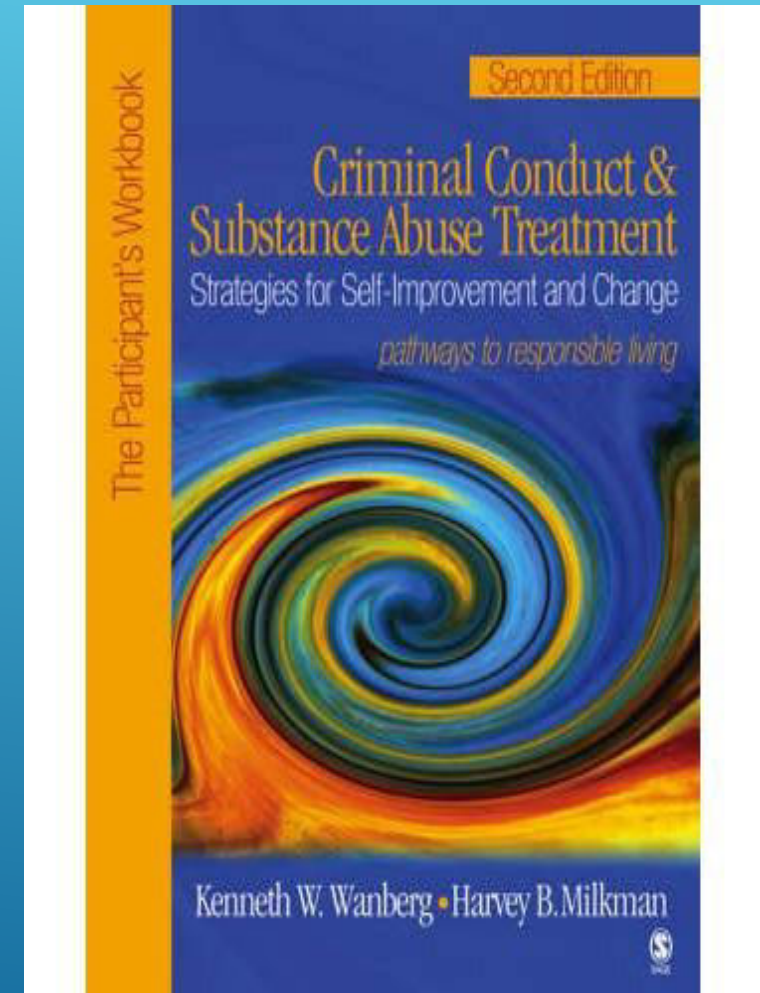
- ❖ The tragedy of addiction has taken its toll on the lives of many in Southeastern Indiana. The Jail Chemical Addictions Program (JCAP) has provided an avenue of success, outreach and education in the midst of the crisis.





## JCAP utilizes Evidence Based Cognitive Behavioral Therapy which is designed to combat the “revolving door” of those in acute active addiction.

- JCAP is a minimum of 90 days (average stay is approximately 120 days).
- The Program is based on Cognitive Behavioral Therapy and Substance Abuse Counseling.
- JCAP utilizes the “Strategies for Self-Improvement and Change (SSC)” model as its core programming, to be delivered in an intensive inpatient format..



**JCAP provides a restrictive intervention,  
pre-trial and post sentencing, to promote  
recovery while protecting lives and  
community safety.**

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# Why a Jail Treatment Program?

- The majority of crimes in Southeastern Indiana are fueled by illegal drugs and substance abuse. There is a lack of inpatient and outpatient programs, and timely referral to treatment is extremely rare.
- **JCAP provides a restrictive intervention which allows those in active addiction an opportunity to receive treatment in a secure, drug-free environment.**
- On release, with no appropriate or timely intervention, an individual in active addiction will likely commit further crimes to gain access to illegal drugs; put themselves, their family members, their children at risk; and/or drive impaired risking community safety.
- **JCAP provides an opportunity to begin positive life changes and protects community safety.**

# Many JCAP participants affirm jail is the first step to their recovery.

*“When initially arrested and coming to jail addicted to drugs, if there is any way to make bond, I would go to any length to post it. In the grips of insanity of addiction, the only thing on my mind is how to get high at all cost- including my life, freedom and soul. **Now that I have gotten the privilege of JCAP, I have had the opportunity of talking and trying to figure out the epidemic of addiction. In JCAP, I am growing into a man with integrity, a accountability, hope, compassion, respect and finally finding value and purpose to my life.***

**JCAP Participant 2017**

*“Coming to jail this time turned out to be the best thing that could have happened to me. I never would have said that I wanted to be arrested, but now I’m glad I was. By being in here, I could not drink so I had to get sober. Then with a clearer mind, I knew I needed help.*

**JCAP Participant 2016**

# Is JCAP a Proven Program?

- **Evidence Based Program:** utilizes Cognitive Behavioral Therapy and is certified through the Indiana Department of Mental Health and Addictions.
- **A collaborative research initiative through Indiana University found the Dearborn County JCAP to be an effective program** that has successfully contributed to lower recidivism rates while keeping the community safer by helping reduce crime.
- **Cognitive Behavioral Therapy (CBT)** teaches effective coping skills to reduce dependence on drugs and alcohol.
- **Qualified staff** include Master's level social workers trained in Individual and Group Counseling.
- **"Therapeutic Community"** which fosters a safe environment to engage in treatment and focus on recovery.



# 2015 Indiana University JCAP Brief

DEARBORN COUNTY JCAP

2015 Brief

## JCAP

### Dearborn County Jail Chemical Addictions Program

2015 Brief

#### OVERVIEW

The Dearborn County **Jail Chemical Addiction Program (JCAP)** serves men and women who struggle from addiction issues, with rates of heroin and other opiates being particularly troublesome in the Southeastern Indiana region. The unique context of JCAP is that it serves a population residing in a jail setting, prior to sentencing for felony crimes or probation violations.

JCAP participants **voluntarily** apply for the program and are submitted to a **rigorous** assessment procedure that utilizes a variety of data sources in order to identify and admit participants who are ready and willing to change.

JCAP men and women participate in **evidence-based programming**. *Thinking for a Change*, which is based on the well-researched therapeutic intervention, Cognitive Behavioral Therapy (CBT), and is geared specifically for offender populations. Participants learn effective coping skills to help reduce their dependence on drugs and alcohol.

JCAP participants also adhere to additional rules and self-governing principals that create a **therapeutic community**. The positive effects of therapeutic communities have been researched for over 20 years, and show that therapeutic communities, particularly in jail

"I feel that JCAP is another chance at life for me. Those who really want the change can find it here.

Today I have tools that I can use to help me succeed and be the person that I want to be for myself, my family, and my kids."

~ JCAP Participant

and prison settings help foster a safe environment to engage in treatment and focus on recovery.

#### Components of JCAP

- ✓ 90 day program
- ✓ (CBT)-based program: *Thinking for a Change*
- ✓ Group & Individual Counseling
- ✓ AA/NA meetings
- ✓ Daily exercise

#### Qualified Staff

- ✓ Masters-level social workers
- ✓ Trained and certified in *Thinking for a Change*

Research shows that CBT can reduce **12-month** recidivism rates by **25%**.

Landenberger & Lipsey, 2005

DEARBORN COUNTY JCAP | 2015 Brief

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#### JCAP BY THE NUMBERS

392

# of offenders JCAP served since 2007.

\$13.84

Cost per day of serving a JCAP offender.

47%

JCAP offenders used heroin or other opioids

#### History

- ❖ 2007 opening with 16 male bed pod
- ❖ 2011 expansion to include 8 female bed pod
- ❖ 392 offenders served since 2007

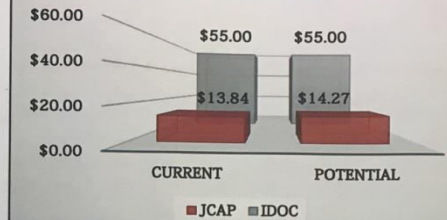
#### Cost of JCAP

- ❖ Total operating costs of JCAP are \$161,681.00 per year, *including salary and operating expenses*
- ❖ Court fees fund program, using no taxpayer money.

#### Expansion

JCAP plans to increase the number of beds to 24 for both men and women. This would increase the daily capacity to 48 offenders.

#### Cost Per Day of Serving Offenders



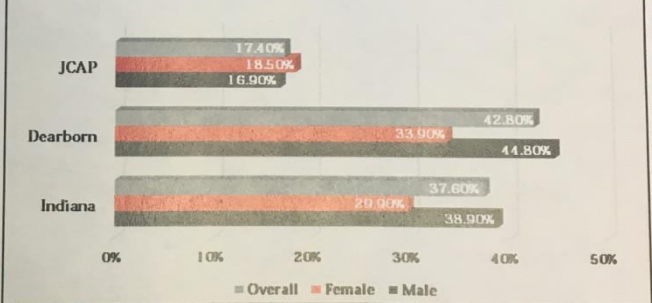
This graph shows the cost of serving an offender in the JCAP program compared to at IDOC. The potential column represents the cost of expanding JCAP by increasing the # of beds and adding a therapist.

#### JCAP SUCCESS

##### Reduced Recidivism Rates

JCAP has successfully contributed to lower recidivism rates for those who have participated in the program. Compared to significantly higher county and state rates of recidivism, JCAP stands as an effective program that ultimately helps reduce crime as well as social and economic burdens.

#### Comparison of 2014 Recidivism Rates



\*Sources: \*Indiana Department of Correction (2014). 2014 Adult recidivism rates. Retrieved from [http://www.in.gov/ldoc/files/2014\\_Adult\\_Recidivism\\_Summary.pdf](http://www.in.gov/ldoc/files/2014_Adult_Recidivism_Summary.pdf)

\*Indiana Department of Correction (2014). 2014 Adult recidivism, by county of commitment. Retrieved from [http://www.in.gov/ldoc/files/2014\\_Adult\\_Recidivism\\_CountyofCommit.pdf](http://www.in.gov/ldoc/files/2014_Adult_Recidivism_CountyofCommit.pdf)



**COLLABORATIVE RESEARCH  
INITIATIVE**

INDIANA UNIVERSITY  
School of Education  
Bloomington

## **Who is Eligible/How Do You Apply?**

JCAP is a voluntary program within the Dearborn County Law Enforcement Center. Anyone can apply. Applications are at the Law Enforcement Center. Once an application is received, the JCAP staff will review for placement in JCAP. The Defendant's attorney and the prosecutor will be notified of the application. The successful completion of the program may be considered in sentencing but there is no guarantee. Applicant's primary goal should be recovery. The program is a minimum of 90 days.

## **Can you Re-Apply?**

Yes. The nature of addiction is that relapse can occur. Some individuals have benefited from repeating JCAP. How they failed may provide insight which prevents other new JCAP participants from making the same mistakes.


## Jail Chemical Addiction Program Video

<https://youtu.be/gqXhjYXCAPE>

## JCAP: Key Components of the Program

- All Participants of JCAP Volunteer.
- Participants of JCAP are not promised anything for completing the program.
- JCAP focuses on Moderate-High Risk Offenders who are Chemically Dependent.
- JCAP participants must adhere to all jail rules but must also follow self-governed JCAP rules which are set by what is called the **Senior Committee**.
- JCAP is housed within the Dearborn County Jail but both the male and the females have their own *“Therapeutic Pods”* which separate them from the jail inmates not in the program.
- *Aftercare component is individualized and an essential key to the program.*

# Services Received While in JCAP

- Cognitive Behavioral Therapy Based Treatment
    - ❖ Thinking Reports
  - Relapse Prevention Treatment
  - Individual Counseling at a minimum of every 2 weeks
  - Self Help Meetings
  - Peer to Peer Support
  - Parenting Classes
  - Life Skills Groups
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- ***Since its implementation, JCAP has become a known entity in our community and is supported by both defense attorney's and prosecutors.***
- Accountability, self-management, and giving back to the community are keys to the individual and overall success of JCAP.
- “Open houses” have been an integral part of the program. State legislators, city and county officials, concerned citizens, educators, law enforcement, and many others have participated.
- JCAP participants volunteer to speak to high schools and do so now on an annual basis.
- JCAP is part of the Court's annual Leadership In Law program, a summer internship for high school students.
- JCAP graduates serve as mentors for those battling addiction and have taken leadership roles in community projects.
- ***Not only is JCAP a symbol of hope for those in active addiction, JCAP is now a part of our school and community prevention as well as leadership initiatives.***

# Giving Back to the Community

“I was once again arrested for a violation and possession. I was miserable, lost, hopeless...at the end of my rope, JCAP found me. I was a shell of a man entering this program. How could people in jail know how to help? JCAP gave me more than I ever imagined possible. I was given tools to use in the problem areas of my life...it was like getting a new pair of spectacles to view the world in a positive way. Although JCAP was just the start of my recovery, it truly saved my life in many ways. I have been clean and sober for over 7 years now. My children and wife are back in my life. I still use the tools I've learned in JCAP. I found a passion in me to help others and use these tools to help them. I hope to keep working hard in my recovery and continue to give to others what was graciously given to me.”

**JCAP and ACC (Drug) Court Graduate, Mentor,  
Community Mental Health Case Manager, Community Leader**